

WHAT?

Room for Art is an art and social prescribing project run by Art in Healthcare. We provide visual arts workshops facilitated by professional artists on a weekly basis to adults in areas of multiple deprivation in Edinburgh, with the aim of improving people's health and wellbeing.

At the start of 2021, we began working with an Art Therapist to offer Art Therapy to our participants.

LEARNING

- For many of our participants, time and space to explore how they are feeling or coping can be hard to find elsewhere in their lives. It was also harder for some to sustain this dedicated time once restrictions were lifted and life got busier.
- Having an offer of art therapy can take the pressure off artists and staff running the regular Room for Art workshops.
- Group therapy can be challenging and in some cases, people get affected by what others share. It worked really well to be able to offer 1:1s to help with this.
- We are really trusted by our participants and have learnt more about their lives. It is really important for us to connect more with services that can offer support that we can't.

WHY?

Our participants needed more support; other services were suspended or had large waiting lists. We were having and continue to have trouble connecting those in crisis to the help they need. Our Artist Facilitators are not trained to deal with this and we needed something more...

Art therapy combines image making and psychotherapy to aid awareness, individual growth and address emotional issues that may be distressing or confusing.

WHO?

Available to participants already referred to Room for Art:

- 2 groups on Zoom
- 2 blocks of sessions
- Total of 18 weeks
- 36 sessions
- 15 people engaged



OUTCOMES

More social connectedness

Meaningful connections made through shared experience, great deal of support amongst members of the group including practical.

Increased resilience / strength

Evidence of art being used outwith the sessions to help cope, of feeling less overwhelmed and of understanding and accepting feelings and emotions.

Improved mood

Visible change in some participants' mood; happier and 'lighter' at the end of the session. Some exploring positive themes such as happiness and hope and some finding it relaxing.

Feel better about themselves (raised self esteem) People feeling valued, heard and listened to. Increased confidence to be themselves and feeling like they 'can do'.

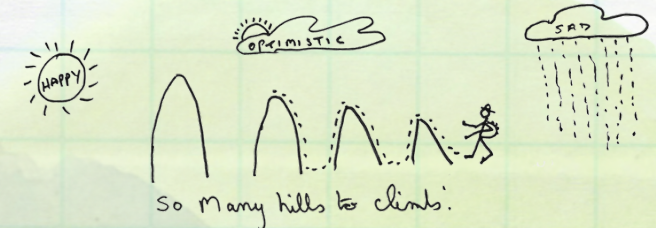
art in healthcare

ART AND MINDS Taking Room for Art a step further...

FUTURE

We are now running one weekly in-person Art Therapy session to participants (a Zoom option is available).

We are also working with SAMH at Redhall Walled Garden to pilot a Men's Art Therapy group and hope to make Art Therapy a permanent addition to our work.



- Sitting in silence or getting on with a task has helped my concentration flightiness.*
- It is different from 'art group'. It gives time...to reflect....work through things that might be going on... The time / space feels safe to do this.*
- The process helped me understand my feelings of isolation and loneliness. I soon realised, I wasn't alone.*